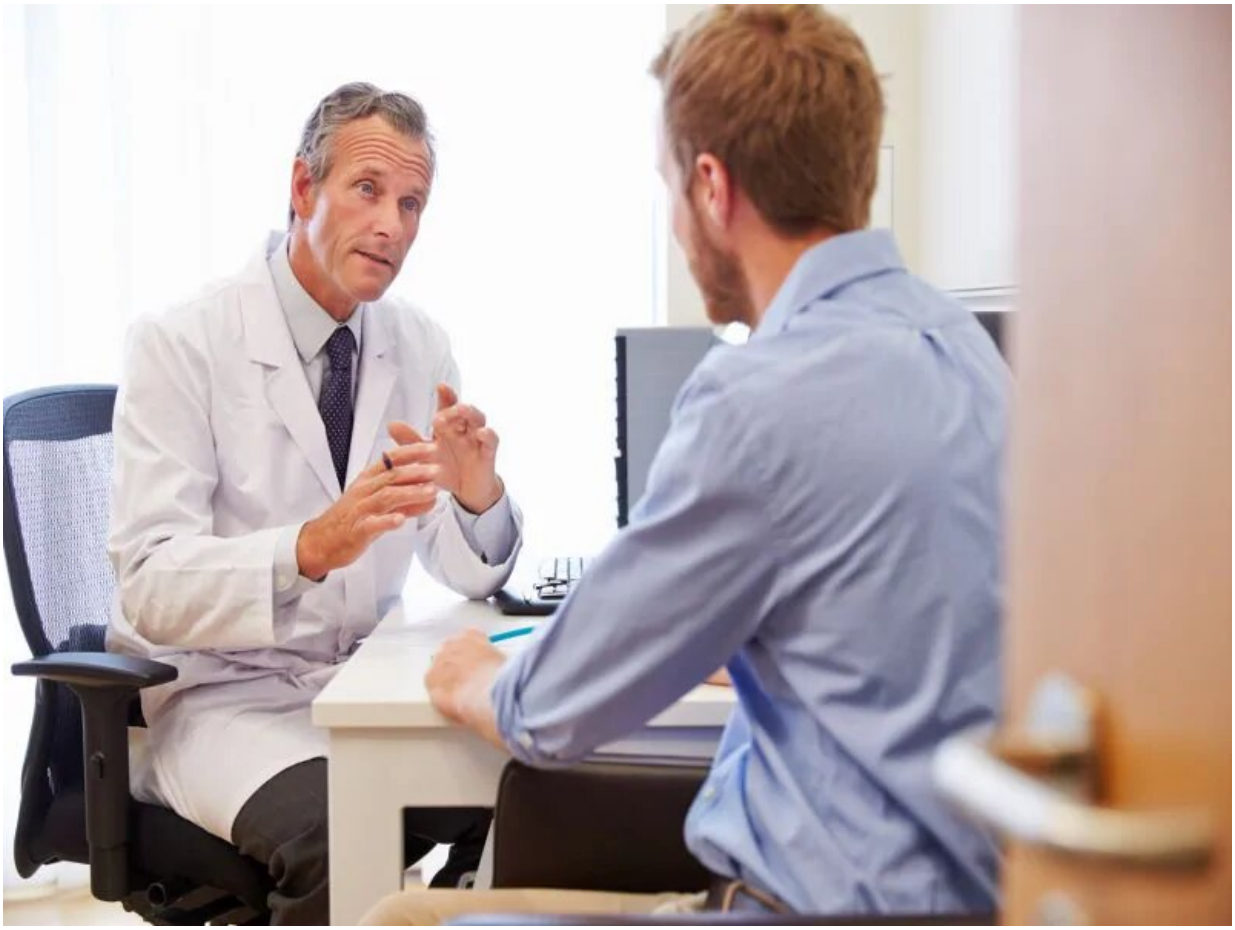
Medical Xpress

Bone health declining in U.S. adults with and without prediabetes

May 12 2020



(HealthDay)—The bone health of adults older than 40 years of age is

declining for individuals both with normal glucose regulation and prediabetes, according to a study recently published in *Diabetes Care*.

Chi Chen, M.D., from the Shanghai Jiao Tong University School of Medicine, and colleagues used data from the U.S. National Health and Nutrition Examination Surveys (from 2005 to 2014) to compare trends in bone mineral density (BMD) between U.S. adults with prediabetes and with normal glucose regulation. The analysis included femoral neck and lumbar spine BMD data for 5,310 adults with prediabetes and 5,162 adults with normal glucose regulation (>40 years old).

The researchers observed a shift toward a lower BMD and a higher prevalence of osteopenia/osteoporosis at the femoral neck and lumbar spine in U.S. adults with prediabetes since 2005, especially among men

Citation: Bone health declining in U.S. adults with and without prediabetes (2020, May 12) retrieved 19 September 2024 from
https://medicalxpress.com/news/2020-05-bone-health-declining-adults-prediabetes.html

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